



# Prime Times

JULY/AUGUST 2021

Chairperson:

John Mahoney

Outreach Coordinator:

Dee Dee Rogers

Director:

Susan Curtin

Program Coordinator:

Debbie Blackington

## DIRECTOR'S NOTE

Summer is here and it's a whole new world! Finally, people are out and about, visiting with friends and family. In June, we slowly started to resume in person programming, much of it outside. It's been exciting to see faces and receive many hugs from our extended family. We've missed you all so very much!

We meet regularly with our peers, each sharing best practices for resuming full programming. Occasionally, we are asked why one center is doing something different. Please keep in mind that every senior center is unique, just like the community it serves. What a center can or cannot do is based on resources including time, staffing, volunteers, space and funding. Many decisions may also be based on the directive of a community's leadership. We have been fortunate to have tremendous support to offer many activities this past year, where some centers could not.

A year ago we all went from 60 to 0 mph in a moment's notice, significantly changing the way we operate. We've shifted and pivoted repeatedly as guidelines changed moment to moment. Now, with the relaxed requirements, many are ready for senior centers to return to normal, going 0 to 60 mph right away. We understand that everyone is eager to get back to normal and see the friends that they've missed during these many months. Trust me, we've missed you too! Please be patient with us and other communities, as we all move forward during these next few months. We are each doing what we believe is best and safe for everyone.

As of this writing, masks are optional for those who are fully vaccinated and our gathering restrictions have been lifted. This summer, we'll continue to add programs including more on-site lunches and a couple of short excursions. We'll also offer a variety of hybrid programs allowing participants to join us in-person or via Zoom.

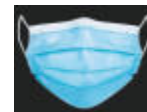
In September, we look forward to celebrating National Senior Center Month as we resume full activity with old and new programs. Shhh, the senior center turns the big 4-0 and we have some surprises in store in September for that as well! Be sure to watch the newsletter, email and social media for details.

We are excited to have you join us for the fun!  
Respectfully,

*Susan Curtin,*

Director

## COVID Precautions MASKS



A reminder about masks at the center:

- If you are **fully vaccinated**, masks are optional.
- If you are **not vaccinated**, masks are **REQUIRED based on CDC recommendations**.
- Masks are currently **REQUIRED** to be worn on the COA vans at all times, based on Federal regulation.

Please keep in mind that some people may choose to continue to wear a mask due to health reasons, please be respectful of that decision. Thank you for helping to keep our staff and visitors safe by following this protocol.

July 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## CENTER CLOSED FOR MAINTENANCE July 6 - 9

The center will be closed for all programming July 6th through 9th, as we do some deep cleaning, maintenance projects in the building, as well as have the parking lot lines repainted. We are actively working to prepare to have more guests indoors! The staff will still be here, so call us if you have any questions or would like to sign up for programs and transportation. 781-659-7878.

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### WALK MASSACHUSETTS CHALLENGE BEGINS MAY 1!

Lace up your sneakers and get ready to join the "Walk Massachusetts" challenge! And...give the Council on Aging a chance to win \$1,000 for fitness programming and you a chance to win a \$50 gift card! The challenge begins on May 1 and runs through September 30. During that time, register to walk and then choose one of the designated challenges. Walk inside, outside, on a track or a treadmill – wherever you want! Track your progress online or on a paper journal available at the Council on Aging. Six different challenges are being offered and tie into a fun fact about Massachusetts.

- Walk 65 days (Fun Fact: Did you know...From the canal to Provincetown, Cape Cod is 65 miles long)
- Walk 1,788 minutes (Fun Fact: Did you know...Massachusetts became a state in 1788)
- Walk 126.5 miles (Fun Fact: Did you know...It is 126.5 miles from Boston to Lee along the Massachusetts Turnpike)
- Walk 192 miles (Fun Fact: Did you know...The Massachusetts shoreline is 192 miles long)
- Walk 692,600 steps (Fun Fact: Did you know...Approximately 692,000 people reside in Boston)
- Walk 351 miles (Fun Fact: Did you know...There are 351 cities and towns in Massachusetts)

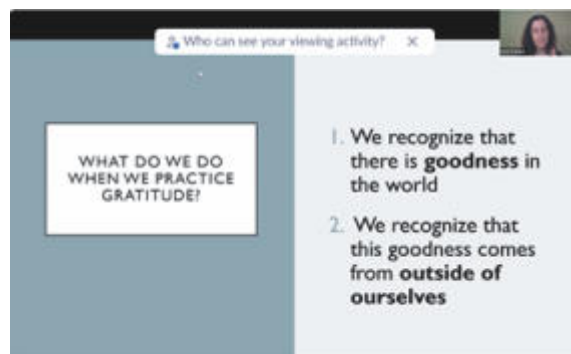
Complete one of the designated challenges and submit your walking journal for a chance to win a \$50 Visa gift card, a \$25 Amazon gift card or a \$10 Dunkin' gift card. And, for each person registered who completes the challenge, the Council on Aging gets an entry to win up to \$1,000 to support our fitness programming! The more of us who walk, the better the chances! The nice weather is here, so let's get walking Norwell, on our beautiful trails and beyond! This program is sponsored by the Massachusetts Council on Aging with funding from Blue Cross Blue Shield of Massachusetts. For program and registration information visit: <http://mcoonline.com/.../keep-moving.../walk-massachusetts/> or call the COA office at 781-659-7878 for more information.



### BE WELL IN NORWELL PHOTOS

In June we kicked off the summer with a series of events called "Be Well in Norwell". We focused on fitness, nutrition, mindfulness and caregivers. Thanks to the following presenters:

- Blake Dinius, Plymouth County Extension
- Dr. Mark Lawrence, DPO, Scituate Podiatry Group
- Dr. Lara Traeger, PhD, MGH and Harvard Medical School
- Tara Hammes, RD, Mass Council on Aging
- Kristin Agganis
- Norwell Women's Club for their generous donation to support our grab & go items!



## EXERCISE CLASSES IN PERSON, ONLINE & ON NSTV

Your favorite exercise classes are returning in person! But we know not everyone can be here, so we want to be sure that you can continue to exercise by watching on Norwell Spotlight TV or online. Days and classes are listed below. Please remember that NSTV programming may be subject to change.

### SIGNING UP FOR A EXERCISE CLASS

To register for a class, please call the office at 781-659-7878. We are hoping to hold classes outside, weather permitting. If you are fully vaccinated, you do not need to wear a mask at the COA. If you are not fully vaccinated, wearing a mask is still required. Thank you for your understanding as we work hard to bring everyone back safely.

### FITNESS SAFETY POLICY:

*Please remember to consult with your physician before engaging in any physical activity program. By participating in these online exercise classes you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructor in these online classes may be physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.*



**DANCE IN YOUR CHAIR with Rena** This exercise class with music and simple dance choreography is safe and energizing...all while sitting in your chair! Get in the groove with a mix of classic oldies, show tunes and current upbeat pop music.

### How to participate in this class:

**At the COA and Zoom (hybrid class) - NEW TIME, SUMMER SCHEDULE:** Mondays at 10:30 a.m. (pre-registration required) July 12 & 26; August 2 & 23. Call the COA for your link: **781-659-7878**.



### CHAIR YOGA with Ana

Join Ana DePaz as she guides you on this comfortable exercise program of gentle chair yoga and meditation. Exercises may be done seated and standing.

### How to participate in this class:

**At the COA:** Fridays at 9:30 a.m. (pre-registration required)

**NSTV (Comcast 22 and Verizon 39):** 9:30 a.m.

**Online:** Visit the COA page at [www.townofnorwell.net](http://www.townofnorwell.net)



**ARTHRITIS EXERCISE with the NVNA!** This class from the NVNA and Hospice leads you in both sitting and standing exercises to improve joint mobility, muscle strength and endurance, in order to improve the performance of daily activities.

### How to participate in this class:

**At the COA:** Wednesdays at 9:00 & 10:00 a.m. (pre-registration required)

**NSTV (Comcast 22 and Verizon 39):** 10:00 a.m.

**Online:** Visit [www.nvna.org/nvna-supports](http://www.nvna.org/nvna-supports) or the COA page at [www.townofnorwell.net](http://www.townofnorwell.net)



**BALANCE ~STRETCH~ & STRENGTH** Instructor Sue Ribeiro from the NVNA will lead you through a series of seated and standing exercises. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, core strength and range of motion.

### How to participate in this class:

**At the COA:** Thursdays at 9:00 a.m. (pre-registration required)

**NSTV (Comcast 22 and Verizon 39):** 11:00 a.m.

**Online:** Visit the COA page at [www.townofnorwell.net](http://www.townofnorwell.net)



## HOORAY!

**NEW ADDITIONAL EXERCISE CLASSES  
ARE COMING IN SEPTEMBER!  
See page 10 for details!**



### OUTREACH NEWS by Dee Dee



#### Did you know?

The Supplemental Nutrition Assistance Program (SNAP) is an important benefit for seniors living on limited income. Even a small monthly SNAP benefit can help in offsetting your household expenses. The application process takes just minutes to complete. It is completely confidential and using SNAP benefits is as simple as using a debit card for your purchases.

With the price of food continuing to increase the SNAP program will assist you by providing the extra dollars needed to purchase nutritious food.

The documents that you will need to apply are:

- **Identification showing your name and address.**
- **Proof of Income**
- **Social Security Number**
- **Proof of certain expenses:** This is optional information but if you provide proof of the following your SNAP benefit could increase.

**Medical Expenses** – out of pocket medical expenses – premiums on health insurance, co-payments, receipts for dentures, eye glasses, hearing aids, hearing aid batteries, prescription medications, doctor prescribed pain relievers or over the counter drugs and transportation to get to and from medical services.

**Housing Costs** – Rent or mortgage payments, real estate taxes, homeowners insurance.

**Utilities** – home heating oil, gas, electricity, telephone (including cell phones), or other utility expenses such as garbage disposal, wood or coal.

**Adult Dependent Care Expenses** – In-home or out of home care.

I would be more than happy to assist you in applying for SNAP benefits, you can call me, Dee Dee Rogers, for a confidential appointment to apply or answer your questions if you are unsure of your eligibility.

Please take advantage of this valuable resource to assist you in healthy eating!

#### SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

SNAP Recipients.....do you know.....

SNAP recipients are eligible to participate in the Healthy Incentive Program (HIP). This is a valuable program that puts a 1.00 back into your SNAP benefits for every 1.00 you spend at participating HIP retailers. You do not need to apply, you just need to know how to use the program! Please call me, Dee Dee Rogers for more information.



#### FARMERS MARKET NUTRITION PROGRAM



If you are over the age of 60, or disabled and living in senior housing where congregate nutrition services are provided and your income falls within the guidelines outlined below you are eligible to receive these valuable coupons.

Household	Monthly Income	Annual Income
1	\$1,986	\$23,828
2	\$2,686	\$32,227
3	\$3,386	\$40,626
4	\$4,086	\$49,025

These coupons should be available for pickup in August. If you qualify to receive them and are interested please contact Dee Dee at 781-659-7878 to be put on the list. The COA receives a limited number of coupons and they will be distributed on a first come, first serve basis to Norwell residents only.

The coupons can be used at many Farmers Markets in the area. A complete list of participating markets will be distributed with the coupons.

#### ARE YOU TURNING 65 SOON?

Medicare and health insurance options can be confusing. Are you turning 65 or planning to retire and have questions about Medicare, Supplemental Plans and Part D drug plans?



Are you currently on Medicare and find that your medications are no longer on your drug plan's formulary? There are circumstances that will allow you to change your Part D Drug plan once in a calendar year. It is also important to evaluate your plans annually at Open Enrollment.

Contact Dee Dee Rogers to schedule an appointment Monday through Thursday to go over your options.

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### UKULELE

**UKULELE** class at the COA is BACK outside, weather permitting, beginning on Tuesdays at 9:45 am. If weather is inclement, class will move inside. Please sign up by calling the COA so we know how many people to expect. The fee is \$8 per class payable to the teacher. Call 781-659-7878 to sign up.



**BEGINNER UKULELE is available via zoom on Saturdays.** Call 781-659-7878 for more information.



### DRUMMING RETURNS!

We know how much you enjoy the Drum Circle with Ed Sorrentino at the COA. We will be holding Drumming on Friday, July 16 and August 20 at 11:30 am. Call the COA at 781-659-7878 to sign up. **Open to Norwell adult residents of all ages. Non-Norwell residents are also welcome based on space availability.**



*"This program is supported in part by a grant from the Norwell Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency."*



### HAND AND FOOT RETURNS!

Jump in with both feet at our new time of **Wednesdays from 1:00 pm—4:00 pm beginning July 14.** Sign up by calling the COA at 781-659-7878.

### QUILTING

Have you always wanted to learn to quilt? Do you quilt but need some assistance with a project? Come join the Quilting Group, led by instructor Mary Merritt on Fridays at 1:00 p.m. For more information, call the COA office at 781-659-7878.



### COFFEE & CONVERSATION

Come meet current friends or make new ones at Coffee & Conversation on **Thursdays at 9:00 a.m.** Topics of the day run the gambit and we ask that conversations be respectful of others opinions. Call the COA office at 781-659-7878 to sign up.

### PICNIC IN THE PARKING LOT



We invite you to join us for a picnic in the parking lot! Come see old friends and make new ones. **This is currently open to Norwell residents and out-of-town volunteers.** If weather is inclement or too hot, we may move indoors or possibly offer a Grab & Go event. Lunches will be held on the following dates, please note the times:

**Thursday, July 15,  
PICNIC BOX LUNCH AT NOON  
Cost - \$5**



Sign up deadline is July 8. Menu TBD.  
Call the COA to sign up and for more information.

**Monday, July 19  
PICNIC WITH THE FIRE  
DEPARTMENT @ 12:30 p.m.  
Come meet new Fire Chief**



**Dave Kean!** Sign up deadline is July 13. Menu TBD. Call the COA to sign up and for more information.

**Monday, August 9  
PICNIC WITH THE POLICE  
DEPARTMENT  
@ 12:30 p.m.**



**Come meet new Police Chief Edward Lee!**  
Sign up deadline is August 3. Menu TBD. Call the COA to sign up and for more information.

**Monday, August 16  
LOBSTER ROLLS - IN AND OUT!  
GRAB 'n GO: 11:30 - NOON only  
or**



**PICNIC IN THE PARKING LOT @12:30 p.m.**  
*Please be sure when you pre-register your choice to eat here or grab 'n go and check the designated times for each!*

**Cost - \$12 Enjoy a lobster roll with drink and dessert!** Sign up deadline: August 10. To make a reservation, please call the COA office at 781-659-7878.

**IMPORTANT:** Please keep in mind that the Council on Aging or Friends subsidizes the cost of the lunches. If there are no-shows or last minute cancellations, we still need to pay the full cost of a meal. If you sign up and need to cancel, please call us as soon as possible. Thank you!

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### GRAB 'n GO EVENTS

- Limited to Norwell residents, unless otherwise noted.
- Pre-registration is required by the date noted with each event. Sorry, but we cannot serve anyone who is not pre-registered. To sign up, call 781-659-7878.
- PLEASE CHECK PICK UP TIMES as they may have changed
- When you arrive, please pull up to the table in front of the center and give your name to one of our staff and we will give you a bag.



### BAG OF SUNSHINE GRAB 'n GO

Summer is here and the sun is shining! Stop by for a bag of "sunny" surprises on **July 13 at the COA from 11:30 -Noon. No Cost (because Sunshine is FREE!)** Sign up deadline is July 9. *Norwell Residents and Out of Town Volunteers Only. Arrangements will be made to deliver to Norwell residents who are unable to drive. One per household.*



### SUMMER CRAFT GRAB 'n GO

Looking for some fun crafty activities? Look no further! Sign up for our Summer Craft Grab 'n Go bag! Sign up deadline is July 14 and **pick up date is Tuesday, July 20 at the COA from 11:30-Noon. Free.** *Norwell Residents and Out of Town Volunteers Only. Arrangements will be made to deliver to Norwell residents who are unable to drive. "This program is supported in part by a grant from the Norwell Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency."*



### S'MORES KIT GRAB 'n GO

Summer is the time for summertime treats! Come to our S'mores Kit Grab 'n Go! Don't miss out on this delicious treat. Sign up deadline is August 3 and **pick up date is Tuesday, August 10 at the COA from 11:30-Noon.** It's better than great, it's FREE! *Norwell Residents and Out of Town Volunteers Only. Arrangements will be made to deliver to Norwell residents who are unable to drive.*



### **NORWELL FOOD PANTRY**

The Norwell Food Pantry is open to support Norwell residents, on Thursdays from 2 – 4 p.m., located at Norwell Town Hall, at 345 Main St. For the safety of patrons and volunteers, masks are required at all times. Patrons are required to fill out a preprinted checklist each week and bring it to the Food Pantry. Volunteers will pick your order while you wait in your vehicle. Only a registered family member is allowed to pick up. For more information, call 781-690-5050.



### **MEALS ON WHEELS IS A GOOD OPTION**

If you are having challenges accessing or preparing meals, Meals on Wheels may be available to you. For information about eligibility, please contact South Shore Elder Services at 781-848-3910 and ask for their intake and referral department. Delivery arrangements are subject to change. Thank you to our amazing volunteers that continue helping us to get meals on wheels out on a weekly basis.

# SUPPORT OUR ADVERTISERS!





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### TRANSPORTATION

We are currently providing limited transportation to medical appointments, grocery shopping and local prescription pick up. Please call the COA at 781-659-7878 a minimum of 3 business days in advance. No Friday or weekend calls for Mondays.

**REQUIREMENTS FOR RIDERS:** *Service may be denied if protocol is not followed.*

- Federal regulations require riders to wear masks or face coverings at all times. *If your physician feels you are exempt from this requirement you **MUST** notify the COA when you make your ride request.*
- Seating restrictions have been lifted.
- Riders **MUST be ready at least 15 minutes before designated pickup time** at home. Our schedules are tight and drivers cannot wait.
- Transportation is available Monday through Thursday. Appointments can be made between 9:00 am start time and no later than 2:00 pm.
- **Transportation is available on Friday mornings between 9:00 and Noon, in Norwell and Hanover only.**
- Be sure to ask your medical provider about their waiting policy before and after your appointment.
- Grocery shopping will be done on Wednesdays based on previously scheduled medical appointments. Please be ready at designated grocery store pickup time.
- Riders must schedule a minimum of 3 business days in advance.

**FOR MORE POLICY INFORMATION  
OR IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE  
COA 781-659-7878**

### SENIOR WORK PROGRAM 2021

The Senior Work Program was halted last spring due to COVID and postponed for this year. We are now planning to offer a modified program for the remainder of this year. This year will be very different, with limited work opportunities and a rolling application program. We've asked departments to be creative with opportunities including special projects, possibly remote or outside work. It is important to ensure the safety of both Town employees and our senior volunteers. We cannot guarantee that all applicants will be placed or that each will be able to work 100 hours. We are just glad to be able to offer some opportunities.

Forms will be available from Barbara Childs in the Human Resources office, downloaded from the Human Resource page at the Town of Norwell website, or picked up at the Council on Aging office. We plan to take this slow and be sure that all measures are taken to ensure the safety and well-being of everyone involved. If you have any questions, please contact Susan at 781-659-7878.



### iPad Loaner Program

We will be offering a iPad Loaner program for those interested in learning how to use one or those who are homebound and interested in participating in our virtual programming. Don't have internet access at home? We'll have a data package available to help connect our iPads. These iPads have the latest technology and can help you explore the internet, research your interests, play games and connect with others. For more information, please call us at 781-659-7878. This program is made possible through funding from Coronavirus Aid, Relief, and Economic Security (CARES) Act and the Massachusetts Executive Office of Elder Affairs.

**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **Lisa Templeton** to place an ad today!  
ltempleton@4LPi.com or (800) 477-4574 x6377

**HESITANT ABOUT LEARNING ZOOM?**

**CALL THE COA FOR A ONE-ON-ONE SESSION  
WITH YOUR SMART PHONE, TABLET,  
or LAPTOP! Call 781-659-7878 today!**

**HATE SKEETERS?  
MOSQUITO BITE  
PREVENTION with  
Blake Dinius at the COA  
Weds., July 28 at 11:30 am**



For as long as people have been alive on this earth, mosquitoes have existed. More than just annoying, mosquitoes may be the most dangerous animal in the world (Great white sharks, step aside!)

Several serious diseases are associated with mosquitoes, including malaria, yellow fever, and Zika. Fortunately, many are either rare or absent Massachusetts. However, the incidence of eastern equine encephalitis (EEE) in Plymouth county ranks among the highest in the nation.

Why do mosquitoes bite? Why do they carry these diseases? Is there anything we can do about all of this?

Together, we will review the following:

- mosquito biology
- mosquito pathogens
- protection methods
- habitat management

With the right knowledge and awareness, we can minimize risk and keep safe from mosquitoes.

**Call the COA to pre-register at  
781-659-7878  
Deadline July 26.**



**SEA GLASS, TREASURES  
FROM THE SEA  
with Judy Macioci  
Thursday, July 22 at  
1:30 pm at the COA**

Each beautiful piece of sea glass tells a story. By studying the color and patterns of each piece, we can trace its journey, where it came from and how it washed up on our New England coast.

**Call the COA to pre-register at  
781-659-7878  
Deadline July 20.**



**LITTLE BEES, BIG WORLD:  
CHALLENGES OF OUR  
NATIVE BEES, with Blake  
Dinius at the COA,**

**Weds., August 11 at 11:30 am**

Protect our pollinators! Save the bees! Avoid "spicy bees!"

These days there's a lot of "buzz" about bees. It's important to stop and think about what we're all fighting for. What exactly makes an animal a "bee?" The answer may not be what you think. Massachusetts is home to at least 365 species of native bees. Each of these has unique requirements, behaviors, and seasonality.

Together, we will review the following:

- Differences between our native bees and honey bees (which come from Europe)
- Unique challenges native bees face
- Gardening tips to help support our native bees
- Can we modify those trends to accommodate for our native bees?
- Is there anything else we can do beyond gardening to help our native species?

**Call the COA to pre-register at  
781-659-7878  
Deadline August 9.**



**SHORE AND SEA BIRDS  
with Judy Macioci  
Thursday, August 26 at  
1:30 pm at the COA**

There are many shore birds still around in August! Learn some interesting facts about Piping Plovers, Killdeer, Cormorants, Gannets and more.

**Call the COA to pre-register at  
781-659-7878  
Deadline August 24.**



**COMMUNITY HARVEST  
Do you have a successful  
garden?**

If you have extra bounty to share, please feel free to drop off at senior center and we will share it and we'll help pass it along. If you don't have a garden, give us a call and ask what we have on hand! **Call 781-659-7878.**



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### PROFESSIONAL SERVICES

#### NOTARY SERVICE

Looking for a Notary Public? Outreach Coordinator Dee Dee Rogers can assist you. If you need to have anything notarized, feel free to stop by the COA.

**BEGINNING  
IN  
SEPTEMBER...**



#### MEET YOUR REPRESENTATIVE

State Representative David DeCoste or his aide will hold office hours at the senior center on the **1st and 3rd Fridays at 9:00 a.m.** of each month for anyone interested in meeting with him.

#### MEET YOUR STATE SENATOR

State Senator Patrick O'Connor's aide Lou Rizzo, will hold office hours at the senior center on the **2nd Thursday of the month at 10:30 a.m.** You are welcome to come discuss any of your questions or concerns.



**BEACH CREATURES!  
with Judy Macioci  
Thurs., Aug. 12, 1:30  
at the COA**

Clams, Crabs and Crustaceans!! Our New England shores have hundreds of beautiful shells only seen here on our coasts. Learn about the sea creatures who live and breed here. Learn about the unusual behaviors of Sea Stars, Jellyfish, Oysters and a lot more. **To register for this class call: 781-659-7878 Registration Deadline is August 10.**



#### THE SMILE PROJECT

After a year behind masks, it's finally time to see each other's faces again. Norwell photographer, Lisa Commesso is helping us out with a very special summer project. No matter your age, whether you've visited the center just once or hundreds of times, or use our other services, we'd love you to be part of our photo shoots. Don't be camera shy. Come with a group of friends, your spouse or partner, or on your own; we just want to capture your beautiful smile! Can't make it to the center? We'll come photograph you at your Norwell home. If you'd like to be part of this exciting project, please call the office at 781-659-7878 and speak to Susan for more details. Let's get ready for lights, camera, smile!

**THE HISTORY OF  
GARDENING  
with John Galluzzo  
Thurs., July 15 at 1:30  
pm**



*(Hybrid program: via Zoom from the COA or your home)*

We have a short but beloved growing season here on the South Shore. Our gardening traditions and routines we follow with religious fervor, from favored tools to preferred clothing to chosen plant varieties. But how did we get here? Why are our gardens placed where they are? How do we know what to plant when? And who the heck invented the weedwacker anyway? Join John for a fun walk through gardening history. Call the COA to register and/or get your link at 781-659-7878. Signup deadline is July 12.



**STELLWAGON BANK  
NATIONAL MARINE  
SANCTUARY with  
John Galluzzo**

**Thurs., August 19 at 1:30 pm**

*(Hybrid program: via Zoom from the COA or your home)*

There are 842 square miles of protected waters off of our coast teeming with life of all kinds. How much do we really know about it? The National Oceanic and Atmospheric Administration (NOAA) is protecting and promoting these waters for man and animal alike, conducting research studying everything from critters that live in the benthic habitats to the water's surface - and more. Join John, the Maritime Heritage Chair of the Stellwagen Bank National Marine Sanctuary Advisory Council, for a trip through "SBNMS," its history and wonderful future. Call the COA to pre-register and/or get your link at 781-659-7878. Signup Deadline is August 17.



**ICE CREAM SOCIAL  
AUGUST 24 at 2pm at  
the COA**

Join us for this delicious summer treat from Hornstra! Don't delay! Sign up today at 781-659-7878. Sign up deadline is August 17. Norwell residents only.

## DAY TRIPS ARE BACK!



### CASTLE ISLAND

Join Betty on the van for a trip to Castle Island on **Wednesday, July, 14** (rain date August, 18). The bus leaves the COA at 9:30am and leaves Castle Island at 1:30pm. The ride is free of charge, but bring a picnic or money for lunch! Limited van seating, and priority is for Norwell residents and Out of Town Volunteers. Call to reserve your spot today at 781-659-7878. Deadline to sign up is July 12, space permitting. This trip is weather dependent.



### NSRWA PONTOON BOAT RIDE ON THE NORTH RIVER!

**Thurs., Aug. 5 at 10:45 am –1pm**

It's time for a field trip! Join us for a wonderful trip on the North River. We will depart on our van from the COA over to Roht Marine for this relaxing and informative adventure. Seating is very limited. If you would like to go, don't wait to sign up. Call the COA at 781-659-7878. Our special senior group rate: \$44.17 per person. Deadline to sign up is Aug. 2, space permitting. This trip is weather dependent.



## SAVE THE DATE:

### SENIOR-2-SENIOR SEPT. 24, 2021!

We're excited to go back at Norwell High School to spend a day of friendly competition, conversation and camaraderie with the Class of 2022! Watch for details in the September newsletter!



*Photos from Senior-2-Senior in 2019*

## NEW EXERCISE CLASSES COMING IN SEPTEMBER!



### TAI JI QUAN with Phyllis!

The NVNA and your teacher Phyllis from Arthritis Exercise will be bringing to you a 24 week Tai Ji Quan program,



twice a week for one hour. There is no charge for this class, but it is not a drop in class because each class builds on the last. This grant based program is an adapted

Tai Ji Quan exercise program to help improve balance, mobility, walking, physical and mental well-being. The exercises have been tailored to train balance and self awareness while performing body movements during activities of daily life and reducing incidence of falls. This is a wonderful opportunity to learn Tai Ji Quan! Class runs on Tuesdays and Thursdays from 3pm—4pm, beginning September 14. If you need a ride, transportation can be provided. Please call the COA to sign up as there will be limited spots. **781-659-7878.**



### DRUMS ALIVE FITNESS with Julie

This evidence-based program combines music, fun and fitness to help exercise the body and brain, fostering a better balance of physical, mental and social health. This class is a fitness class that uses fitness balls and drumsticks to move to the beat. Using rhythm as a source of inspiration to discover a new group fitness experience Drums Alive® Watch the September newsletter for the schedule!



### JOY OF MOVEMENT

**Thursdays at 10:30am beginning in September,** join Rena

Thornbahn with this exercise program for everyone! Either standing or with a chair, this class involves music and simple dance choreography. Call to sign up and get in the groove with a mix of classic oldies, show tunes and current upbeat pop music. Call the COA at 781-659-7878.



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### DO WE HAVE YOUR EMAIL ADDRESS?

If so, one of the ways we have been trying to keep you up to date with things that have been happening at the COA is through email blasts. Please be sure to check your junk or spam folder so you don't miss out. You may also select unsubscribe if you wish to be removed from the list. To be included, please call the office at 781-659-7878 to give us your email address.

**LIKE us on  
Facebook and stay up-to-  
date on what's happening!**



### COMING TO A PROGRAM?

Pre-registration is required for all of our program and events. This helps us to plan for space and inform you of any changes or cancellations. If you are interested in coming to a program, please call 781-659-7878. Thank you!



### DON'T USE SOCIAL MEDIA? SIGN UP FOR OUR EMAIL NOTICES!

Not on Facebook? If you would you like to get emails to hear the latest upcoming events and important news and updates from the COA? Give us a call and be sure we have your email address to get our weekly email so you don't miss out.



### The Council on Aging will be closed on the following dates:

- Monday, July 5 for Independence Day
- Friday, Sept. 3 & Mon., Sept. 6 for Labor Day

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